

Making support for carers in Nottingham and Nottinghamshire a priority



Our first virtual event takes place on Wednesday 12 October: 10am - 12pm

Open to all, we'd like to develop a Community of Practice (CoP) to connect people with an interest in identifying and supporting carers better; to share ideas and learn from each other.

Nationally it is estimated that there are at least 13.6 million people currently caring for a friend, neighbour or family member because of illness, frailty, disability, a mental health problem or an addiction. 4.5 million of these people have become new to caring since the start of the Covid-19 pandemic (Carers UK, 2021). In Nottingham and Nottinghamshire, the councils and Clinical Commissioning Group, and its partners, have a rich history of supporting carers and this has helped many carers identify and seek valuable help. However, despite this success, sadly many people caring for someone who couldn't cope without their help, remain hidden across the city and county. Many people, including children, don't identify as being a carer – they're just doing what they believe is right. They may not realise that there is support available to them, and they will not always know how to ask for help. Therefore meaning, they are often caring in isolation, unaware of support services that may be available to help them and their families.

The Care Act 2014 defines a carer as *"an adult who provides or intends to provide care for another adult, usually a relative or friend. This is not the same as someone who provides care professionally, or through a voluntary organisation"*.

The Children and Families Act 2014 defines a young carer as *"a person under 18 who provides or intends to provide care for another person"*.

As professionals working in organisations and services, we come into contact with carers on a daily basis, though we might not know it. They are the mothers, fathers, sons, daughters, siblings, spouses, friends and neighbours we see at school, at work, in the community or at appointments, during treatment, on the ward or in their own home. They are the ones shopping, picking up prescriptions, managing finances and providing emotional support. However, whilst we are often ideally placed to pick up on signs that someone may be caring, we may not feel confident in supporting carers or know where to signpost to support.



[Click here for more information and to register for the event](#)